

There doesn't need to be a subtle shift in perception for enlightenment; there doesn't need to be any change at all. Change is impossible; whatever its face, eternity is always this. Enlightenment - awakening - is no more nor less than this, whether it's before thought judges it or not; the judgmental thought is this, too. The endless moment is this, always this, no matter what the mind seems to be making of it. Awakening is ordinary, mundane existence, just as it's always been, but very few minds will believe this.

There doesn't need to be a deepening of present awareness. There doesn't need to be more and more alpha waves, out-of body experiences, or the becoming of bliss and love itself. It can be about loving all, or falling in love with everybody, or frankly remaining a little wary. Although these apparent experiences may, indeed, occur, they are no less or no more this than anything else. This is all experience. Just as it always has been, is, and will be.

There is no correct method. All methods are correct. Some methods are correct in that they teach us of their inappropriateness, or untruthfulness. Life itself, exactly as presented, is always the best spiritual practice. However the story seems to unravel is unimportant. Once the pointlessness of life's story is apprehended, perhaps life's story can finally be revealed in. Perhaps realizing that nothing matters in and of itself makes everything precious, in and of itself. Perhaps the loving feelings in the satsang or the therapy spread to the important relationships already a part of the story: spouse, children, girlfriend, boyfriend, mother, father, friends. Perhaps without the fear of certain dreaded outcomes, intimacy becomes natural. But even the faltering, human attempts at union with others (who are not truly other) is also beauty manifest. The muddling attempts are This; the blissful, honest communion is This; there is no escaping This. You are This.